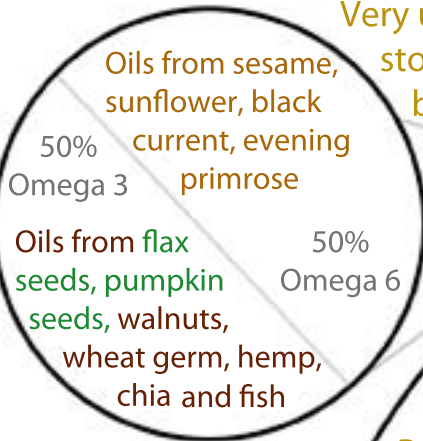


Eating for Optimal Health



Very unstable, never heat. Cold Pressed Oil stored in refrigerated, dark colored bottles. Good for salad dressings

Very stable even when heated, good for cooking

Butter, coconut oil, palm oil, lard, tallow, other animal fats

Lots of low glycemic non-starchy vegetables mostly raw or lightly cooked

- Fruit: low glycemic is best - apples, pears, peaches, & berries

- Other Fruit: higher glycemic fruits include oranges, bananas, mango, pineapple, grapes, olives, pomogranate, cranberry, dried fruit.

- Dark green leafy vegetables! (kale, chard, spinach, lettuce, collard, dandelion, mustard ...)

- Beets, cabbage, broccoli, onions, asparagus, cauliflower, celery, cucumber, radishes, kohlrabi, leeks, parsley, peas, peppers, beans, carrots, squash, garlic, brussel sprouts, cabbage, eggplant, kohlrabi

Do

Fresh, Organic, Seasonal, Local

- Eat some lacto-fermented, cultured, pickled side dishes
- For two meals a day have 5 colors on your plate.
- 70% of your food should be alkaline (see the foods highlighted in green)
- 2-3 servings of fresh fruit/day
- Eat 30-50% raw foods (dairy, meat, fruit & eggs, veggies, honey, fish eggs)
- Soak, sprout, ferment, naturally leaven all seeds, nuts and grains
- Eat sea salt and sea vegetables

- Drink lots of water (half your body weight in ounces)

- Nutritional Yeast will provide some B vitamins

Never Ever !

Hydrogenated and partially hydrogenated oil, soy products, farmed seafood, homogenized dairy, ultra pasteurized dairy, high Fructose corn syrup

Relatively stable, can use for lightly sauteing

Dairy, eggs, nuts, extra virgin olive oil, avocado oil, peanut oil, pecan oil, duck fat, goose fat, chicken fat, lard

30% Saturated

60% Monounsaturated

30% Fats

40% Carbohydrates

15% Starchy Carbs

30% Proteins

Complete Proteins
22 Amino Acids
10 Essential Proteins

Grass Fed Beef, Lamb, Pork, Wild Meats, Pastured Chicken

Pastured Eggs
Whole Raw Dairy (Milk, Yogurt, Kefir)
- complete protein

Deep Sea Water Fish (sardines herring, cod liver, anchovies, salmon, trout, mackeral)

Micro Algae, Bee Pollen

Soaked/Sprouted Nuts (walnuts, almonds, cashews, chestnuts, pecans, peanuts, brazil nuts)

Unrefined, mostly complex

Properly prepared grains (soaked, sprouted, ferment, naturally leavened)

Potatoes, brown rice, dried beans, legumes, sweet potatoes, yams, quinoa, oats, millet, wheat, lentils, pumpkin seeds, flax seeds, sesame seeds, corn

Short & Medium Chain Fatty Acids

(Anti-microbial, quick energy, don't need bile)
Butter
Coconut Oil

Long Chain

Olive Oil
Barage Oil
Black Current Oil
Evening Primrose Oil
Animal Fats

Very Long Chain

Butter
Egg Yolks

Avoid

White flour, refined grains & sugar, canned foods, skim & low-fat dairy, artificial vitamins, toxic additives & colorings, table salt, microwaves, pasteurized milk teflon & aluminum cookware.